

British
Mazdaznan
Magazine



Vol. 10

MARCH 1934

No. 7

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- Waterloo**—Meets Thursdays, 7.45 p.m., "Clayton Cafe," South Road.
- York**—Meets Thursdays, 7.30 p.m., "Albany Hall," Goodramgate.

British Mazdaznan

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THE MAZDAZNAN ASSOCIATION IN GREAT BRITAIN

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MARCH 1934

No. 7

Gahanbar ("Come and See")

From far and near, the Saints foregather
Around the Table of the Lord;
To reunite and be together,
That the Message of the "Flaming Sword,"
Thro' MAZDA'S OWN, may Sin Atone.

For out of the Darkness of History's page,
Ever shines the Light of their Covenant rare,
That testifies, though Heathen rage:
Mazdaznan, Stands to Do and Dare,
Regardless of Self, Iniquity, or Pelf.

So, having drunk the Cup, and eaten the Husks,
These Pilgrim-Strangers hie to the Promised Land,
Knowing that Wedding Garments, not ivory tusks,
Are the priceless gift of Heaven's remand,
That makes Hearts burn, at such Return.

Thus to the World, in Gahanbar assembled,
They invoke their psychic powers, that Man
May Rejoice, not fall, or e'er be trembled,
But Live; and thro' the Master's Destined Plan,
Find Perfect Peace—Love's Eternal Release.

—GUROMANO.

Oracle, 1934

Given by the Master, Los Angeles, December 31st, 1933
at Midnight

"Ye mountains fall upon us; Ye hills cover us" will be felt by many of the earth-bound souls on terra firma. Typhoons at sea, storms, hurricanes, tidal waves, earthquakes, are in the category of unchained elements the ingenuity of man has not yet learnt to harness, and will not be able to do so until he rises above the material propensities of an animal nature, and learns to appreciate the divine in the human.

Under ordinary conditions man knows he can destroy a typhoon or change its course by sending a volley of bullets into it. He knows that a howitzer turned upon a cloud can change the course and bring down its body of waters to any desired point. To do this he still hesitates, as it may infringe upon the rights of organized water companies. Nature creates open craters wherever it is deemed possible and necessary; thus Vesuvius spares Italy earthquakes. In some places oil lakes like in Georgia and Azerbaijan (Asia) nature sends up oils or fires that release the pressure of gaseous substances. Some day man will be able to harness the electron, and with it bore openings there where Nature is not able to do so, but simply revolts, and earthquakes will be a thing of the past. Where hurricanes and sandstorms play havoc, man will plant fast-growing trees in its wake, and the winds will be diminished, as water courses, overlapping their bed, will be dammed high enough to endanger property and lives no more. To assist Nature is the duty of Intelligence.

Even so, the unchained elements among humankind need to be curbed, there, where man has become intimidated through depression and oppression, made discouraged and fearful, and the measure of iniquities have reached the rim of overflowing, the Saints of God are duty bound to use their psychic powers and remove all who are a menace to civilization, progress and justice, to the greatest number.

Nineteen Hundred and Thirty-four will be a most eventful year. Great statesmen, diplomats, financiers and politicians will be removed by the unseen hand of Nature, and the younger generation fill their places with the vim necessary to instil new hopes into the hearts of the weary.

Every nation will experience a great revival, and with it new inspirations leading to success.

Great Britain is destined to experience great activities in manufacturing and gain foothold in new markets overlooked by Germany, France and Czecho-Slovakia. The old Victorian days are upon England and her policy.

Germany will continue in the attempt of solving self-imposed problems, yet the majority will return to former-day tactics and save the industry of the country, enjoying better returns. Obstacles will be removed by a higher person than the governing class.

France will continue with its programme to reinforce Poland and the Balkan States, although the object is not disturbance, but an assurance of peace for itself, so as to gain time to force its issues.

Japan will continue to be aggressive and keep the Orient stirred, preparing the Yellow Jacket for future action.

Russia will come to the front with its many enterprises and its fabulous wealth to be unearthed, and all eyes will be upon Russia, a great field for speculators and financiers.

(To be continued).

■ ■ ■

GET THE AIR-SENSE

A newspaper reporter was invited to take his first airplane trip with a stunt flyer for the films. He was filled with dismal forebodings, which increased when a parachute was strapped on to him and he was given careful instructions regarding its use. The stunt man also wore a parachute, and when he put a heavy leather coat on over it the reporter asked nervously: "How can you use the parachute with that coat on?"

"Oh," replied the pilot, nonchalantly, "I'd have plenty of time to take the coat off when we fall."

They went up and flew for several minutes, until feeling warm, the stunt man began to remove his coat.

"Hot, isn't it?" he said, genially, but there was no reply. The reporter had jumped overboard.

Diagnosis and Healing

"Man Know Thyself"

(Continued)

The Truths of Life are found to be simple; when you know them. And how can you properly know anything unless you can see it? "Faith is the substance of things unseen," but substance has weight and mass, therefore must have form, and so its invisibility must turn to sight, to be comprehended. Hence, even God is to be seen with eyes of flesh; not only felt by the Spirit.

Knowledge, we have heard it said, is made up of Imagination, Inspiration, and Intuition. How far-reaching is each, and how different to each person, such a trinity is. Therefore, to prove principle and design, common laws and formulations have been made by Creative Purpose; so as to be common to all without exception, and so understood by any who searches, seeks and studies. Even to such, study and investigation alone does not suffice; application and practice being, after all, the only sure elucidation and mastery of anything; even Life itself.

Thus, Mazdaznan Diagnosis and Healing is a great Practice based on certain fundamental laws and tests, applied in every age and clime, to meet the Spirit of the Day and the Environment. But as the spirit even of time, as well as location, momentarily changes, there is no end to the possibility of such Diagnosis. Science says our whole planetary system moves into new etheric realms at the rate of 800,000 miles per day; and that the motions and positions of the Earth are practically triune every 24 hours, due to its rotations. In fact, science knows very little of this Earth's interior and exterior vibrations and formulations; muchless of its importance or part in cosmic, or universal distinctions, and collectivisms. Can they tell you at any moment where the Earth is in the universe, or where it is heading for? No; only relatively, and that in accordance primarily to the Sun; though it appreciates many correspondences, in a speculative way.

Mazdaznan states there could be not even a Sun, if it had not been created by Thought; and that Man being the Crown of Creation, it, the Sun, as well as all form and energy, must have emanated from Man. This, frankly, infers that Thought is Divine, and that Perfection, or God, is Man; also, that Time never was, except relatively. But, to Mazdaznan, Man is either evolved or unevolved; ripe, or unripe; quality, or quantity; and certainly unthinking, moronic Man, though "within the designs," is not the Designer. God being Mind, Man must have Mind too, awakened, however, to be like God.

The true object of our Diagnosis is thus to find who are the Designers, and to make all, if possible, more capable of being such.

Everyone is so already, to some degree. That is what Destiny means. But Fate and Providence must also be included in the great scheme of creation—Universal and Individual, and overcome, or mastered, by BECOMING.

As Manifestation alone on the physical plane defines or interprets Spirit, or Life, Man is the study. But why waste precious time in not seeking and studying the Best, or Advanced Man? Studying the moron, and the slum, is interesting and instructive, but generally only to ascertain how to improve, or obviate, such persons and conditions. For Nature attends to everything, through the Law: "As ye sow, ye reap."

So with Healing. Man and Zoos, teach much; but it must be remembered that though there are basic laws, every man, particularly, must be known and treated individually. Animals, living under group-laws, you can cure a sick one according to its species, provided you know its group-law, and what differentiations of locality governs its disease. For instance, an animal in its free state, is different to one in an artificial one, like a Zoo, and must be treated accordingly. In its natural habitat, an animal quickly cures itself, if sick, which is rare. But Man, though a "Law sufficient unto himself," doesn't know, or apply, his own individual Law; so usually has no idea of treating himself. The wise physician simply prescribes

rest, warmth; cleansings, none, or light diet, relaxation, and now "Deep Breathing;" and through instilling faith and confidence, Nature steps in and heals, nine out of ten times, every time. The physician hasn't healed; only "Pointed the Way."

Every Mazdaznan desires to be able to Heal Himself. And if he Knew Himself, and lived wisely and naturally, would not be sick. But Mazdaznan have to often "bear the curse" of sickness, pain, and sorrow, but only to prove that by his Spirit he can overcome what another cannot. Even the sacrifice of Death, for him, is not individual in the ordinary sense, but is of universal and ultimate import.

For every Immortal wants to see with earthly eyes, the reward of his earthly endeavours, and to be on this earth at 1960; when the Final Harvest is garnered in; and Perfection shall rule and reign, with even Death forever defeated.

So Mazdaznan Diagnosis, in the ultimate, or last analysis, is not to tell how you are based—Physical, Spiritual, or Intellectual, or of what temperament—Electric or Magnetic, or How to Heal. For all that is but a means unto an end; really very elementary—though personally important enough—its true purpose being for the Individual to Know the Source and Origin of Life; his present purpose or objective in the great Scheme or Plan; and what the Goal to it all is. Philosophy sums it up in: "Where did I come from, Why am I here, and Whither am I going?" Mazdaznan sums it up in: "Who am I then? In this Drama, what is my ATTRIBUTE, and am I fulfilling it?"

And by being truly Mazdaznan the answer comes, and Knowledge, through RIGHT LIVING, reveals the Whole and makes it plain.

Have Faith in Works; Do your Part; Be LOYAL; Make your Demands; and God, the Sun of Mazda, will be a Light to your Path, and make all your Ideals real; easing the burden and giving you LIFE.

(To be continued).

Racial Studies

By Dr. O. Z. HA'NISH

Every race if of unmixed blood, has characteristics of its own. Those characteristics cease as soon as foreign elements are introduced. The Black and the White know principle—morality. But the Mixed Race does not know it. Therefore, dishonesty is found in the majority, because the greatest numbers of every race, are of mixed blood, and not of pure origin.

The Assyrians are a mixed race, consisting of five types. They are very cunning, one cannot trust them. It is just the reverse with the Turk, or Ishmaelite. He is very exacting in everything, keeps to the word of his promise, and one does not need a written contract. Therefore, one can do business with a Turk.

If dealing with Jews, you should always rest your hat on a chair, so that it is in readiness for you at any moment to make your farewell gesture. Apart from that, always take two papers with you. That means, in your right-hand pocket, the fully written out cheque, and in the left-hand pocket a complete written out agreement ready for signature.

The Japanese are a mixed people, originating from the Chinese. About 2000 years ago, the King of China thought there must be large islands beyond Asia, so he chose some of his best young people and provided them with ships and provisions; thus they were sent on a trip of discovery; eventually reaching the island Nippon, that is the present-day Japan. As the soil was very fruitful and the water pure, and everything tempted them to remain, they all agreed not to return, but to settle down, and establish their own settlement. They subjected themselves to the savages and mixed with them. So the Japanese are neither Chinese nor Savages, but a mixture, betraying themselves by their limbs, which are out of proportion. His legs are too short in comparison to his body, similar to the Frenchman. Therefore, suited to be an acrobat. He has cunning, deceitful characteristics, and is without moral. He cannot help being like it, as Nature

will have its revenge, if imposed on. One can never trust him; he will deceive one in spite of a written agreement. He never gives the right change, and pretends to be stupid if accused, until threatened by the police.

The Chinese are most honest, and give correct change; they are intellectually highly developed, but very one-sided, having separated themselves from the world, owing to their one-sidedness, by a wall.

In the Southern State of North America live a white people, which are known as the white-thrash, because they only lounge about, and do not work. In Georgia, Virginia and Carolina, they live on chocolate-earth; from time to time, they make themselves a liquor from Indian corn. They run around with their guns, and like to be called "corporal." If asked to shake hands, they are offended for ever after.

A similar type we find among the blacks; these blacks are called the black-refuse. They do not work at all, but steal an occasional chicken, therefore worse than the white-refuse, who do not steal, but are satisfied with conditions.

THE INDIAN is by nature very moral, upright and just; he does not tell lies nor speak about others' affairs, contrasting greatly from the white. Even in a court of justice he will not speak of another's misdeeds, keeping strictly to principle, that no man has a right to speak of another. He does actually no work, and does not have to work. The covers and tent canvasses are made by the women of the tribe. Apart from that, he paints small pots, making these as barter for coloured tin boxes and coloured paper strips; the latter he hangs up in his tent as pictures. Therefore, he needs no money in his community, has no unemployed, no hospitals, and no prisons. The Indian does not know breakfast, dinner or supper. In fact he never cooks, except once a week his tortilla, which is made by the women from Indian corn, and eaten as a communal meal by the whole tribe. In the morning the men go into the forest and are alone with Nature, thinking out their future, philosophizing as to where he has come from, with which tribes he is related, why he is here and whence he is going.

If he becomes hungry, he cuts a piece of bark from a tree, but is careful not to injure the tree. With preference he chooses a piece containing as much resin as possible.

If the woman is hungry, she will dig up a couple of roots, shake off the soil, and eat until satisfied. She never needs herb teas or reform foods, but enjoys life to the full. Most of the time she is thinking, and expresses her thoughts in the carpets she makes. Therefore, a hand-made Indian rug has a friendly feeling compared with a machine-made rug, which feels dead and lifeless, like the machine itself.

The Indians sustain themselves, as they live mainly on bark and roots, perhaps including once a week a dish of corn. They certainly do not get corpulent on such a diet. The real Indian has a slender, sinewy body, classical features, and carries himself erect and proud, walking as though he owned the world, and never had to bend a finger to possess it. Owing to his simple way of living, he knows nothing of sickness, and always enjoys good health. As soon as he mixes with the white races he is good for nothing. He loses all his good points, and takes on the worst of the white.

Racial appearances, such as almond-shaped eyes, do not denote Chinese ancestors, in the case of a white person; that can be caused by prenatal conditions or local influence. The same as people living in the mountains having deep-set eyes, have no relationship with ancestors who have spent their lives in offices; or people with protruding eyes, have no connexion with the desert tribes.

—Translated from the German Mazdaznan
by E. CHAPMAN.

WHICH WILL ST. PETER LET IN?

Missionary Meat-eater: "Have mercy, I have a wife and four children!"

Cannibal: "So have I, so I will take the awful chance."

Season Hints According to Dr. Ha'nish

March. Its Lion-roars are to bestir you to Wisdom and Power, that you may Conquest and Conquer: its Lamb-like gambols that you may be young and gay—Britain and the Christ-Spirit, One.

Palm Sunday—

"Hosianna, Prince of Peace,
Come His people to release;
Awake, Jerusalem,
Let the Prince of Salem reign!"

To Breathe the Breath of Consciousness is to dwell in the ever-presence of God, where Life's infinite possibilities are realized, and the Blessings of Heaven and the Treasures of Earth are unfolded before us—"seven seconds in, seven seconds out."

March Rain-water. Drink and Bottle it. Keeps for ages. Full of Electricism and New Life. Cures Diseases of all kinds, including cancerous ones, if Mazdaznan Breathing, Exercises, "Prayers on the Breath," and Diet, are used. Splendid for Hair and Body.

March is the month of many preparations, and as the Earth, by virtue of its intelligences, determines magnetic flow by virtue of electric sparks in the atmosphere and gaseous combinations in the inner chambers of its solid body, so man may renew his own aura by concentrating his mind and chastizing his body.

Herbal Teas of all descriptions are in season for Lent. Use tender roots, green leaves, fresh bark and field flowers (violets, dandelion leaves and sorrel for cancer), adding a cupful of rain-water to a tablespoonful of such Herb Teas.

White bread, especially when spread with butter, should not be given to children. It acts as a slow poison to their systems, and lays the foundation for untimely ill-health. To adults it is also the "Staff of Death."

Take lots of Hot Baths, the water containing Oil of Eucalyptus, or other aromatic oils, tinctures, etc. After such, drink Hot Teas freely and retire early.

Potato pancakes may be used daily during the Lenten Season.

The people whose systems are filled with salts and minerals, causing weakness to the heart, kidneys, bladder and nerves, should take only milk and fruits. The orange, lemon, grapefruit, pineapple, cherimoya, sapota, mango and passion fruit are best. Eat matzos after a fruit meal.

"Avesta in Song" Books, with Gahanbar Supplements, available. Buy Now. When supply exhausted they will be "worth their weight in gold." They are to-day! Contains the Words, Wisdom, Music, of Time and Eternity. Most Sublime and Educative. Nothing to equal it. The Declaration of Freedom, Affirmation, Confession, Prayers on the Breath, and Statement, are the Divine Signposts unto the New Mazdaznan Age, the practical epitome of the Perfection and teaching of all true Saviours, Saints and Sagas. 291 pages. Price, 5/6. Also, secure a "Bezzari," the Book that proves "Truth is stranger than fiction." No Revelation, or Prophecy, like it. Its wonders cannot be exaggerated, and must be Known. Price, 7/6.

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"Magazine Circulation, 144,000!" our aim! Our British and American Magazines represent the Highest Ideals on Earth, and are a record of incomparable accomplishments—the fulfilment of all prophecies, and the scare unto all Ignorance, Iniquity, Hypocrisy, worn-out Institutions, and Vested Interests of Infamy. They are "turning Deserts into a Paradise," and Blazing Truth from gutter to throne. Though (like Mazdaznan) boycotted by Church, Press, and State; they all copy and use our methods, and will shortly have to surrender, HOLUS-BOLUS. They are the "Oracles" unto the New Age and Seventh Race, and the challenge unto Saint and Sinner, alike. Once read, THERE IS NO ESCAPE! They are also the Passports unto Betterment to all Subscribers and Readers. No Vain Boasting, this!

Easily proven. The "Half has not been told," yet; but will be. Remember, "that Mazdaznan which was at first again at last, shall be first." Please subscribe to both Now, and Renew promptly. Thank you!

"98 Centres and 500,000 Adherents, then the Millions!" Getting there, "slowly but surely." Have YOU a Centre? "Parlour Meetings," the thing. Easy to organize, harder to consolidate, but no nobler task. Not Speakers alone, but Helpers, needed. Lots will Talk, but do little work, and only attend Meetings when it suits them. The "Social Side" is also an important side of Fellowship. Be a "Good Mixer," as well as Student. Don't let N.G. be the letters after your name. The Fight is on right now! Covenanters, not on the "Battle-line," are "red-scarfed" by the "New Order." This applies to Jill, as well as Jack. Remember what happened to Bridget!! This is not Soho or Bowery talk; but yours, mine, and the world's Last Chance, perhaps. We risk Friendship to Save—any time! We really care so much. The only thought is "Prepare," "Prepare," and Be Prepared! "Looking Backward," all will agree—if alive; and "only a little while," at that. Many are fading away, and their pretensions with them. Master says: "He never asks a second time!!" For nearly 25 years, we have Watched Saint, Sinner and Self, to prove Royalty. Everyone should. Those of "Royal Blood" put the Bees to shame. Let us together be able to show Master our Talents, when he comes, without having to Hang our Heads. He said: "A city like Leeds ought to have 500 Centres." There are many hearts to cherish, and alas! many that perish, because the Elect sleep.

"Federation of Nations"—"Peace, Peace, Peace—Thy Kingdom Come—Thy Will be Done on Earth, as it is in Heaven." Put your AMEN to that.

Love—Gahanbar Fellowship—

Mazdaznan, the World's Code

Of Restitution and of Life;

The One and Only Road,

That leads to Peace, and ends all strife.

Selah!

Palm Sunday Celebration

with Mother Ashoi at the Dewsbury Centre

MARCH 29th, 1931

It was our first Palm Sunday Celebration at the Dewsbury Centre, and we were honoured and privileged to have with us for the occasion, our beloved Mother Ashoi. Some 150 devoted Associates assembled at 10.45 a.m. in the Textile Hall to meet, welcome and hear our most gracious Leader.

The atmosphere was pregnant with loving and harmonious vibrations as we rose to greet one another upon this Day of Peace with Salaam Aleikum, shortly followed by our Sunshine Song (accompanied with heart vibrations), our Thymus Gland Exercise to the strains of "Be it Sorrow," and our "Fountain of Love" Glandular Exercises. All remained seated throughout the reverential singing of "A Prayer" (36), the Invocation (most expressively read by Sister Lottie), and "Apocalypse." Then followed the "Assurance" Prayer, the "Confession" (devoutly led by our dear Mother Susana), and the "Affirmation." In unison we then sent out our thoughts and good wishes upon the ether, "May the Light of Understanding encircle the Globe; May Righteousness cover the face of the Earth." After all joining in singing "Hosiannah, Prince of Peace," with understanding and fervour, Daddy Broadhead warmly welcomed Mother Ashoi into our midst. Mother Ashoi proceeded, in most illuminating and inspiring fashion, to explain the inner significance of our Palm Sunday Ceremony, together with our duties and ideals as Mazdaznan Associates, concluding by reading, with helpful explanatory comments, Master's Palm Sunday article, from the March (1931) American Magazine. Rarely have we heard Mazdaznan more beautifully expounded. All zealously joined in singing "Universal Truth Divine" whilst the collection was taken. Mother Ashoi then continued her explanation of the Palm Sunday Ceremony. Before the

commencement of the Service, Daddy Broadhead had presented to each Associate a piece of Palm, with instructions to hold the Palm whilst silently expressing the wish of our innermost heart for the year. These Palms were held throughout the Service. After telling us that we kept Palm Sunday in commemoration of the triumphal entry of the Saviour Jesus into Jerusalem, when the rejoicing people strewed his path with Palms, together with many other historical details, Mother Ashoi informed us that each Associate was to approach the Altar separately, and still silently expressing his or her wish, hand his or her piece of Palm to Mother Ashoi. These Palms, each embodying the Sacred Wish of an Associate, would then be tied together in one bundle and laid upon the Altar, to remain there until next Palm Sunday. On that day, the bundle of Palms would be burned in the fire, and our wishes ascend upwards into the ether. Significantly, Mother Ashoi reminded us that Fire, the Great Purifier, was the only Perfect Element—and whilst all else descended, Fire alone always ascended.

Then, to the repeated strains of the chorus of "Hosiannah, Prince of Peace"—sung again and again in crescendo, with growing fervour and enthusiasm by the whole congregation, each Associate handed his or her Palm to Mother Ashoi, who finally tied all the pieces with a purple silk ribbon into one bundle, and laid it upon the Altar.

Daddy Broadhead expressed the appreciation and gratitude of all Associates of the Dewsbury Centre to Mother Ashoi for her presence, for the edification and illumination she had given, for the strength and encouragement she had imparted, and for the Divine Blessings her Gracious Presence had showered upon all privileged that morning to sit at her feet.

Finally, after Hailing our Blessed Master and all absent Brothers, Sisters, and Friends, and singing "For God is Love," all joined with Mother Ashoi, in unison, in wishing

each and every one to

Be HAPPY and of Good Cheer,
Be Happy and of GOOD Cheer,
Be Happy and of Good CHEER!!!

Last, but not least, our thanks are due to our noble and tireless accompanist, Bro. George Haigh, for his sympathetic and efficient officiation at the piano. In a large measure Bro. Haigh was responsible for the success of the Service, Mother Ashoi voicing her warmest approval.

Batley.

—EDWARD R. BROADHEAD.

National Gahanbar at Harrogate, Eastertide, 1934

GAHANBAR BULLETIN No. 3

Already the Gahanbar is an assured success. Applications are pouring in from all quarters of the Great Isles. The Scottish Centres will be represented, London and Centres in the South of England are sending a strong contingent, as also the Midlands, and Associates from the Lancashire and Yorkshire Centres will, of Course, be there in full force.

We would urge all those who intend to partake of the Communal Lunches to procure their lunch ticket at once, and so secure a place at table; the available accommodation will certainly be taxed to the uttermost.

We have secured the services of Sister Lock, of London, as Gahanbar pianist, and Sister Clay, of Manchester, who charmed one and all with her musical renderings at last year's Gahanbar, is again to be with us, assisted by Sisters Dorothy Naylor, of Kidderminster, Mary Blair Smith, of London, and others.

Gahanbar Headquarters will be at the Spa Rooms where all the Meetings—Morning and Evening—will take place, and also the Civic Reception, followed by the Social and Dance on Monday Evening.

The motto for 1934 is "Be Brilliant." We must all endeavour to live up to it, and make the Gahanbar a "brilliant" success. With the hearty co-operation of every Associate, this will be accomplished.

It is particularly requested that the ladies be arrayed in white or cream garments, and the gentlemen in grey or white flannels, and white ties. Please also bring your "Avesta in Song."

The Gahanbar is creating quite a stir in the famous Spa; it has already been given great prominence by the Municipality in the advertisement columns of the "Daily Telegraph" and the "Harrogate Advertiser."

After the Morning Session on Good Friday—there being no Communal Lunch on that day—it is intended that we all repair to some beauty spot on the mountain slopes, there to join in exercise and song under the expansive canopy of heaven, and to learn to appreciate the artistry of God's handiwork, the rhythm of the babbling brooks, and the sweet melodies of Nature's winged orchestra. Full particulars will appear in the Gahanbar Programme.

So, come one and all to the Royal Spa, and participate in the feast of good things which await the great Family of Mazda.

With Gahanbar Greetings. Yours in Service.

33 Springbank Crescent,
Headingley, Leeds.

—MABEL BOWMAN,
Organizing Secy.

■ ■ ■

From Master

THE GREAT GOAL

"We still entertain the fond hope that the dear people will wake up and revise the noble spirit of Salvation and Redemption. Even the ritual should be revived and revised; the songs and prayers need to be revived, so as to perform the power hidden within them. The doors of Cathedrals and Schools should be opened to let in the Breath of God, and turn every worshipper into a living soul. Perhaps we are not aggressive enough. Both Archbishops ought to be informed of the great power that the people as a whole could exercise if they be given to understand the mysteries of Life and Eternity. The country needs a John and a James to stir it, and to lead the people to the Great Goal."

—MASTER.

■ ■ ■

The Stratosphere:

The Super-Highway of Aerial Navigation

It is many years ago now since Dr. Ha'nish announced to an incredible world that in the not too distant future man will have so conquered the secrets of Nature that

light, indestructible glass airboats, with compressed air as their motive power, would cruise through the rarefied atmosphere of the heavens at the incredible speed of 1,200 miles per hour.

Since Professor Auguste Piccard probed the mysteries of the stratosphere in his specially-constructed balloon in the Summer of 1932, considerable interest has been aroused as to the future possibilities of the stratosphere as an international air route.

It will be remembered the learned professor predicted that in a few years travellers would be able to cross the Atlantic in what he calls "stratoplanes," with less risk than they now take in crossing a large city in a motor car. He says the stratosphere is the inevitable super-highway for future inter-continental transport. The weather conditions in the stratosphere are eternally fair; there is no snow, rain, fog, frost or ice to be encountered. It is practically cloudless, and there is very little head resistance. Consequently, much greater speeds could be attained than in the lower reaches.

Air Commodore, Sir Charles Kingsford Smith, the well-known Australian airman, in an interview to the press a short while ago, stated that in the near future giant air liners would flash through the stratosphere at 1,000 miles per hour 60,000 feet above earth level, each carrying 100 passengers in hermetically-sealed compartments. These large passenger-carrying machines will be fitted with super-efficiency super-charged engines, variable pitch propellers, and luxurious accommodation. Sir Charles predicts further that there will be no human pilot, but gyroscopical control. Navigation will be 80 per cent. by radio and 20 per cent. visual. The ship's officers will always have a perfect view of the space they will be flying through. The fact that they will be unable to see the earth will be of no importance. Even existing instruments render blind flying entirely safe. Air traffic control will become more stringent. The slower machines—the aerial lorries—will have to fly at a certain altitude. High-speed airplanes will keep to the higher reaches. At 60,000 feet it would be impossible for human beings to live naturally, so all

passenger quarters will require to be hermetically sealed, and the air-plants in the machines will ensure perfect fresh air for a journey round the world.

In September, 1933, man's conquest of space was taken a stage further when a Soviet balloon soared 62,305 feet—eleven and three-quarter miles—above the earth, thus eclipsing by more than half a mile the previous record established by Professor Piccard in 1932. Much scientific apparatus was carried on the flight, and valuable data was acquired as a result of the expedition. A further flight by a Soviet balloon was made on 30th January, 1934, and on this occasion an ascent of nearly 13 miles was made.

Undoubtedly, the stratosphere is destined to play an important part in the evolution of air transport in the near future.

As a result of the information now available as to the atmospheric conditions in such high altitudes, the scientists are applying their energies to finding a solution to the practical problems which confront them before aerial navigation in air so rarefied can become feasible.

Professor J. S. Haldane, the eminent physiologist and authority on respiration, in conjunction with another scientist, has recently designed an apparatus in the shape of a "breathing suit" which it is confidently asserted will enable the stratosphere to be navigated without any untoward effect upon the participants. The apparatus is to be tried out by a young American balloonist who is to attempt to soar to a height of 25 miles above earth level in the Spring of this year from British soil.

Hitherto, the designers of aircraft for stratospheric use have been proceeding on the assumption that the first necessity is an enclosed cockpit to give the pilot normal breathing and temperature conditions, but this would have the disadvantage of adding appreciably to the weight of the machine. The whole trend of the experiments, however, have been revolutionized by the recent pronouncement of Professor Haldane. The problem of disproportionate weight of an enclosed cabin no longer arises,

inasmuch as the "breathing suit" weighs only 1 lb., being made of aluminium foil in layers; it is to be tested to a temperature of 90 to 100 degrees below zero. Professor Haldane is so satisfied with the apparatus that he says it will not be long before stratosphere flying will be taken seriously. The journey to India will be made in three hours. The Atlantic crossing will be equally speedy, for at that altitude the rarefied air would make phenomenal speeds possible even with the existing power of aero engines.

It is estimated that the atmospheric density of the stratosphere is about a quarter of what it is in the lower reaches, and that an engine which will propel a machine at 300 miles an hour under normal conditions will be able to cruise comfortably through the more rarefied atmosphere at 1,000 miles per hour.

Sir Charles Kingsford Smith predicts that the aircraft of the future will be fed with crude oil rather than petrol. It is cheaper, will give a better performance, and it will practically eliminate the risk of fire. On the other hand, Master says that science will eventually turn to compressed air as the motive power of the future. Experiments are already preceeding in this direction, and a young German chemist, who has been working along these lines for many years, under Master's guidance, has perfected an aeroplane propelled by compressed air which rises gyroscopically from the ground without the necessity for the usual run before "taking off." He took Master's advice and repaired to the Zoo to study the habits of the pelican. This remarkable creature rises gyroscopic fashion from the ground by means of compressed air, without actually flying, then spreads its wings and off it goes.

By the time stratospheric navigation has got into its stride, the realization of man's age-old dream of interplanetary travel will be within measurable distance of accomplishment, if the hopes of the recently-formed British Interplanetary Society are realized. In the words of the President, the British Society, like similar organizations in

Germany, France, Russia, and the United States of America, is "a scientific organization whose activities embrace research in all problems pertaining to the conquest of space. Branches are being formed throughout the country, and each branch will concentrate on some particular phase of the problem to prevent overlapping. We are concentrating upon making the rocket motor practicable, as no other known motor is of any use for space travel."

Man's thirst for conquest would appear to be insatiable, and one begins to wonder whether he will be able to stand up to the strain imposed by this incessant desire for speedier transit, unless he attends seriously to his dynamics—rhythmic breathing alone will enable him to maintain his equilibrium.

Liverpool.

—"WILLIAM."

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Sudreh

In the days of yore, Ainyahita, the Shepherd Maiden of Tibet, wore a simple garment of pure, white cotton, hand-spun and hand-woven, and with it she ever was ready to welcome the first rays of the rising Khorshed with a prayer. She knew why she was wearing it. She knew it was both her armour against evil, and her girdle to the realms of Bliss. The white cotton alone can refract and absorb the healthful rays of Khorshed and repel all others, and it also is a symbol of that stainless purity which makes real beauty. She understood it as an incessant call to lead to a truly Mazdaznan life. The garment, therefore, was named "Sudreh," or the path to Bliss. (Sud = bliss, reh = path). Nature is a book of theory and practice, and here in the "Sudreh" is the clear reading of one good page thereof.

—NANABHOY F. MAMA and
MAUEK BAI F. MAMA.

Bombay.

£1,000 Remedies

For your troubles select some of the following teas:—

BOILS.—Use Yellow Dock, Burdock.

BLADDER TROUBLE.—Take Buchu Leaves, Shepherd's Purse, Yarrow.

CATARRH.—Cheeseplant, Marshmallow Root, Golden Seal, Iceland Moss.

CONSTIPATION.—Agar Agar, also a mixture of: Senna Pods, Cascara, Sassafras Bark.

NERVES.—Strawberry Leaves, Rocky Mt. Grape Root, Paraguay or Buffalo Tea.

LUNGS.—Flaxseed, Slippery Elm, Horehound, Jaborandi, Violets.

LIVER.—Dandelion Root, Black Haw, Buckthorn, Cascara, Licorice Root.

SCROFULA.—Celandine, Red Clover Blossoms, Camomile, Levant Wormseed.

SPECIALS FOR WOMEN.—Water Pepper, Tansy, Pennyroyal, Raspberry Leaves, Yarrow, Thyme, Mugwort, Canada Fleabane.

FLAVOURS FOR TEAS.—Fennel, Anise, Juniper, Ginger, Sweet Clover.

Lent, and Springtime, the best time for Healing and Regeneration. Get Busy Now!

Campaigning in the "Land of Red Roses," 1934

In January, one doesn't often see Red Roses, even in Lancashire. But we met many warm and loving hearts; that this perfect flower symbolizes. Thus, Winter's cold, rain and fog, and frosty days and nights, seemed beautiful and fragrant ones. At least, so thought Mother Ashoi and Guromano. They only wished it had been a "Quartette" Campaign!

Their first 1934 Crusade, away from London, was at Manchester, starting Sunday, January 14th, though a lovely Reception at our "Imperial Centre's" Hall, the night before, was held, honouring all.

Brilliant indeed has always been Mazdaznan at Manchester—a city renowned for its civic aspirations and ideals, its talented citizens, and its commercial, world-wide scope, wealth and interests. Truly, to us it holds the memory of immortal pioneer efforts, with visions of our Beloved Master, framing the picture.

Mother Florence May, now in charge, has been for years supremely loyal to the Greatest Cause; ever ardent and most capable. Surrounding her is a faithful and devoted Band of Helpers, tested and tried, that nothing can shake. "They know in whom they trust;" otherwise, there would be no Centre. **THE FORT IS HELD!**

It was Mother Florence May who proposed and organized the whole Campaign. We simply helped to CONSOLIDATE her's, and other Centre's noble Leaders', resplendent preparations. Everything went "like the Sun and Moon," without a hitch; punctual, and on the dot; thanks to the "Little Standard," which only gave up when its axle called for help; and the fog lay—well, rather thick! after the first week's endeavours.

Besides our sublime Sunday Morning "Devotional Service," when "Holy Communion" was served, there was a Public Meeting that night (January 14th), and the following Monday and Tuesday evenings, also.

Each night it rained; but the attendance and interest was very good; our faithful Covenanters and many "strangers" being on hand. Certainly, if "no word is lost," the Harvest will not be aught but Bountiful! So Manchester Forges Ahead, Confident and Unafraid.

Wednesday, we were at Stockport. Here, Sister Dorothy Blackham has made and paved the way. A fine meeting greeted us. Everything went with a swing—all Happy; and appreciation, evident. We were pleased, and truly gratified.

Rochdale saw us the next two nights. We always expect a lot here from this "Home Centre;" also so ably guided by our trojan Leader, Mother Florence May; and we were not disappointed! Our first impressions, years ago, could be summed up in: "Arctic weather, with piles of snow;" and the "Flaming Sword" trying to "just follow the car line," there and back, from Manchester, and blown about by Hyima's blasts.

Now, how different! The Provident Hall, warm, well-lighted, and crowded with real Associates "trained to the minute," and all Smiling; with many "strangers," eager, and WONDERING. The Spirit is truly Mazdaznan; and Friendship the Keynote. Great Improvement, the sign of Life and Practice, showed: "Here, they mean Business!!" Time is the Acid Test. For many in this great town, Mazdaznan has substituted Light for Darkness, Health for Pain, Strength for Misery; given them New Life, Ideals, and Realization. Happy Faces and Pleasant Times, are theirs, as is the Future. Bravo! we say to One and All. You'll Win!

Breezy and Progressive Blackpool was our next place of opportunity. Here, Mother Gladys Brough, once our constant "Golden Hall" Associate, had "left no stone unturned" to make Success certain. "Feldman's Café," knows us of yore, so it felt like old times to be again there. Well, every seat was taken, and some "couldn't get in," so they stood outside in the Hallways. "Saturday Night" is supposed to be an off night, but here it was ON. And Sunday was Better. This Centre is also a "Child of Mother Florence May," she having opened it. So it was a gracious act on Mother Gladys' part to ask her to pre-side first night. Certainly, the Call was Sounded and the Heavenly Message again revealed, at this world-known town. Sunday morning, we had a "Communion Service," largely attended; and a "Banquet" thereafter; at both of which Family revelations and ideals were given, and a joyous time participated in—never to be forgotten. Truly, this Reunion cemented many Old Ties, and renewed many "new ones," as well. But among the crowds, we missed

many too; Blackpool being a place (like London) where they come and go. But, they are never forgotten; and some day all Covenanters shall Return. Meanwhile, Blackpool is a Place made Holier; and here, we can see coming an "Armistice Frenzy," for Mazdaznan.

In our next, we shall try and tell of the great and stirring meetings held at Preston, Southport, Liverpool and Wallasey—all of which are Blazing Beacon-Lights for Mazdaznan, with dauntless Leaders and Associates.

(To be continued).

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"Harrogate Calling"

"Calling" earnestly to the Associates of Mazda throughout the country to remember the colossal effort that is to be made during Easter at Harrogate, "The Queen of English Spas," to make such a BROADCAST of the "Only Infallible System" of True Living as has never been made before. To all who name the name of Mazda, the Associates of this Centre urge you to come over and join with them in this great National Endeavour to make known to the people of this beautiful town and neighbourhood, that Salvation from suffering and sin is possible through the revelations of Mazda.

Let all who have received such blessings make no excuse for absence on this truly Royal Occasion.

Already application for tickets for the Morning Services are coming in from all quarters, and it is expected that every true Mazdaznan will immediately write for tickets and information, concerning the Gahanbar.

No effort is being spared, neither time, talent, nor money, to make this occasion a brilliant success. With our Royal Leaders, Daddy Guromano (Lieut.-Col. A. F. Gault), and Mother Ashoi (Mrs. Georgia M. Gault), we are assured of a most inspiring time. Let all Centres and Leaders lay themselves out to boom and boost this Event.

Come yourselves and bring your Associates with you, and thus assist in the Greatest of Causes: "The Uplifting of Humanity," and the Glory of the Lord God Mazda.

Good music, good singing, good speaking, is certain, and Blessings above all we can ask or think of.

For any further information, please write to Mother Mabel Bowman, 33 Springbank Crescent, Headingley, Leeds, 6. DO COME!!!

—DADDY ST. GEORGE TARR.

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What to Eat

Weekly Menus by Dietician Clara Pearce

BREAKFAST: Fresh Pineapple Juice; Fried Corn Meal Mush; Apple Sauce; Coffee.

LUNCHEON: Cream of Celery Soup; Croutons; Butter-scotch Pie; Tea; Milk.

DINNER: Cranberry (or Tomato) Cocktail; Lettuce Salad; Thousand Island Dressing; Mushroom Toast or Mushroom Sauce with Hominy Roast; Buttered Beets; Pineapple Tapioka; Coffee.

—“YE GOSSIP,” Los Angeles.

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Atmospherics

“Truth Is Stranger Than Fiction”

EASTER GAHANBAR.—Have you bought your tickets for Harrogate? The greatest British Event to date! Come, and SPEED the World’s “Armistice Frenzy” for Mazdaznan.

HARROGATE IS CALLING.—Letter from Town Clerk of Harrogate this morning. Spa Rooms placed at our disposal for Friday, Saturday, Sunday and Monday, and CIVIC RECEPTION given us. GREAT NEWS! HARROGATE IS CALLING.—Mother Mabel Bowman.

Hail!!! To our Gahanbar Organizer.—“William.”

TO-DAY’S PARABLE.—Earth is 250,000 billion miles from the Centre of the Galaxy to which it Belongs. Remember

this if Tempted to Think that the World Revolves About You.—"News-Chronicle." It does just the same.

RUSSIA UP-TO-DATE.—Out of Moscow comes what is described as the very latest development in modern transportation. It is an electric train which runs on balls instead of wheels, and in a grooved "sluiceway" instead of on tracks. The maximum speed of the train is said to be in excess of 100 miles an hour.

"Culture is on the horns of this Dilemma: If profound and noble, it must remain rare; if common, it must become mean."—O. G. WOOD, California.

YOUR CHOICE?—Mazdaznan is either the Real Thing, or a Farce. And YOU prove which.

OUR REWARD.—"We shall be pleased if you will send a further 12 Magazines monthly. Sales increasing."—Marjorie H. Sands, Nottingham.

Other Centres please note, and try and DO LIKEWISE.

TISSUE PEOPLE.—"Mazdaznan will soon get in the News, as it should do. Unfortunately, it strikes at so many fundamentals, that is why many are prejudiced and antagonistic. For those who are engaged in any occupation which Mazdaznan methods and teachings might affect, perhaps it would be advisable always to wrap up the Message in a tissue parcel!!"—Albert Ladbroke.

GOLD STANDARD.—The gold standard for redemption is a fiction of money and finance without real or tangible existence, and which has been continued and maintained to hold the people under the strain of impossible obligations and contract. And writhing under the obligations of impossible ordeals to pay gold when there is no gold with which to pay, men and nations as well are coerced to sell their birthright for forbearance, to postpone the impossible obligations and defer the pound of flesh being torn from their writhing bodies.—Mr. Gray (Dem. Congress, U.S.).

MUGS.—Don't imagine that I am babbling about the horrors of war. The real horrors of war are the stupidities of the political mind and the military mind. Before a war

the people are deluded by the politicians. During the war they are butchered, not by the enemy, but by the idiots who conduct the campaign. As it was in 1914-1918, so it will be in 1935, when the next great war is due, if not before. "What!" you cry. "Another war? Impossible!"—James Douglas, "Sunday Express."

"2½d. PER WEEK"—

Alas! we still need Cash
To "Hold the Fort";
Curb the financial lash,
And Battle to the mort,
For Commonsense—Mazda's recompense.

Abraham Lincoln—born 1809, of what was called "White Trash" parentage, yet—"The Statesmen and the Press of all nations first laughed at him, then studied him, analyzed him, weighed and estimated him; and at the end the civilized world paid him homage."—Whitelaw Reid.

FREEDOM OF THE PRESS.—Says E. J. Hannah, "Emmett County Graphic," Harbor Springs, Mich.: "There has never been any 'Freedom of the Press' since newspapers became afflicted with BUSINESS (Affiliated). What newspaper would be so foolhardy as to print the truth about a good many of the goods advertised in the paper, or anything derogatory to the 'public' character of its patrons? What great daily dares to tell half the truth in its columns? What small weekly can afford to print unfavourable information about some of the business men who help support the paper?" So long as profit and money are God in America, not the Elohim or Jehovah of the Jews, or the Theos (God) of the Greeks, of the Bel (God) of the Babylonians, just so long devilish conduct will be hidden and protected by the newspapers.—Ezra Averell, Grand Rapids, Mich.

From Germany.—"Your British Mazdaznan Magazine is my monthly 'Eye-opener.'"—George Kazamck, Koblinz.

Be sure perversity
Breeds adversity,
And Floppers,
Come Woppers.

PANAMA.—“But I specially want to tell you, that I am deeply grateful for the Mazdaznan Exercises which I learnt at the ‘Golden Hall,’ for they have been the saving of my health! They are far more wonderful than people imagine, and I feel I owe my present good health to them. I sometimes wonder if those who attend your meetings REALIZE what they have to be thankful for. The information given out there, both with regard to exercises and diet, hygiene, etc. etc., is absolutely INVALUABLE, and I myself am deeply grateful, and so, I am sure, are many others, for the great kindness and sacrifices you and Mrs. Gault make for our benefit—and here I also include both Capt. and Mrs. Knowles.”—H. D. Pridham.

THE “BLUE EAGLE” EXPLOSION.—Because of unChrist-like methods and “chisling,” the “Code” cannot succeed in the U.S.A. East, West and South will then take different paths, and the Union will be disunited. Every intrigue, even War, to prevent disintegration, will likely be tried by the “Pharaohs.” An Economic War, world-wide, between the financial powers, will divide them; be they Jew or Gentile—a “Mammon Showdown” between all Races. Out of the embers, all will turn to Mazdaznan—the “Phoenix Bird of Eternity.”

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Easter Gahanbar

“If, as some of the philologists say, Harrogate means the ‘way of the Temple,’ then, our Saxon forefathers who named it, wrought better than they knew, for the supreme blessings of the Gods, and the ends of all man’s questing are health and happiness, and in no Temple were they ever more solicitously sought or more abundantly bestowed than in Harrogate.” Thus the guide book has it, and so stands Harrogate, naked and unadorned, as it were, 600 feet above sea level. A beautiful town built around 200 acres of green common land—the famous Stray—to be “for ever open and unenclosed.” A lovely town, flower

decked, for there are flowers everywhere in reckless profusion—in baskets outside the shops, in stands around the camps, on every open space and public square—and the gardens abounding at every turn and corner are a perfect joy to the eye. A clean town, and bracing, with sparkling air from its rolling uplands, set amidst country unrivalled for beauty.

Primarily a "Spa," with 88 natural medicinal springs, it is noted for the Sulphur Water Treatment which is so effectual in the avoidance of constipation and its attendant evils. There is available also every treatment given at Continental Spas, and upwards of 100 different curative methods obtainable.

It is undoubtedly a shopping centre of renown, for the shops have that outstanding feature of providing just that little thing you cannot get elsewhere—avocadoes, egg-plant, monstario. A lover of antiques? Then you will be engrossed! And you would have good music? Then you cannot go wrong, for there is the Pump Room, The Crescent Gardens, The Winter Gardens, and the Royal Hall with its seating accommodation for over 1300, is one of the finest Concert Halls in England.

But, being a Mazdaznan, you prefer to take your Exercises—the Horseback Exercise good and proper? Then the stables will fix you up, and the horse will lead the way—and what would you want more than this famous 200 acres of green common land, "for ever open and unenclosed"—The Stray in the early morning, while the grass is still wet

Or, if you so desire, you may golf, you may boat, you may motor, swim, or explore, and lest you choose the latter, I will warn you! Do you know the lure of a poem in stone? Then beware, for within easy distance and exquisitely beautiful are the Abbeys of Fountains, Jervaulx, Rievaulx, Bolton, and Byland, and rich in historic interest is the City of York, with its ancient Walls, its grim Castle and Bars, its wonderful Guildhall and Minster, its centuries old houses and streets, merely 23 miles away, an easy afternoon drive.

Nor is Nature behindhand with beauties all her own. Harrogate is in the midst of some of the loveliest and most romantic of the Northern scenery. It is close to all five of the lovely Yorkshire Dales, and the roads wind for miles between green meadows and beside brown peat rivers, while the great hills shut in the horizon, purple and blue and grey. Sometimes the road climbs up on to the moors, and you are in the heart of those great brown hills, where the heather grows knee deep and breast high . . . and what of Wharfedale, surely the wildest, loveliest, loneliest, and most beautiful of all dales?

Will you not come to Harrogate—and for Easter? Accessibility? Why, all roads lead to Harrogate, for does not the "Flaming Sword," with its beloved occupants, blaze the trail, and the Great North Road pave the way? And will not the Gahanbar adequately compensate for any little sacrifice we may have to make to get there? Will you not come to Harrogate for Easter?

Sheffield.

—DOREE STEVENS.

■ ■ ■

Food Reform

"As a man thinketh in his heart, so is he;
as a man eateth, so he thinks"

To provide nice meals and keep in touch with all the New Foods, fruits, vegetables and cereals, that now practically daily come upon the market; and to know how to properly combine them, is a science and an art, few still possess. And with better and speedier transportation facilities, we can expect many new varieties not yet dreamt of to exert our faculties for a long time to come.

No wonder, therefore, new Schools of Dietetics are being established, and a new career for expert Dieticians is being widely advertised, and advocated, to meet the evolved and modern food conditions. Just compare to-day with the past, or even since our Master first propounded vitamins,

and tabulated their combined potentialities. Consider also the future, when the "Java Berry," prolonging life indefinitely, is included in the diet of man.

Naturally, Mazdaznan follows such advocacies in Food Reform with interest. But, as in every other phase and plane, we find that our methods and menus alone are the basis of such propaganda, and that they still always are in advance and superior to all others. In fact, that the so-called new systems and ways, are simply copied from Mazdaznan, and are as yet, in most instances, corrupted and disjointed; so as to meet the old orthodox and often very wrong views of food; and not lose their patronage by stricter means, suddenly forced, or propounded.

Mazdaznan object is solely to bring true Health to the Nations; and while all must eat, that they should know what to eat, when to eat, and HOW to eat; and to know how to prepare correctly and best, what they do eat.

Though a vast study, for it brings in and embraces not only individuality, but the Seasons; the place the food is grown; the means of its production and its distribution; but also its price; as well as its value in its raw, combined, or cooked state; and what is most important (though little appreciated), the thought given and put into the food; and particularly the intelligence and health of the one who cooks, or prepares it.

Very often, and especially in public places, the chef, or cook, is, if not an ignoramus, either sick, diseased (loathsomely, sometimes), or uncleanly, and usually ill-tempered; all of which greatly affects the food. Tobacco-stained and poisoned hands may be a very serious matter, too.

Everyone cooking should be in a Happy mood, under pleasant and congenial conditions; and should put their best (soul) into such vital work; just as an artist, for instance, must in his work; otherwise, the food is poisoned by their vibrations, and the partaker suffers. Many a home, and many a Love-Match, has been broken by poor food and cooking; and many a family, business

and nation ruined, because, and as a result, of food poison and malnutrition. Even Battles and Wars have been lost and won, because commanders and men have eaten wrongly; thus tactics and strategy have been misapplied, and courage dissipated by such things as dyspepsia, and dysentery. Suffice, that these few facts, illustrate the tremendous need of Food Reform.

Mazdaznan again and again declares that a Perfect Body and Mind is dependent upon, primarily, a meatless and fishless diet. One of its guages of greatness is, as our Master intimates, summed up in his words: "Tell me what he eats, and I will tell you how great he is!" Alas, few measure up! and this test never fails. Assuredly, none in the Seventh Race and Age, will be a meat-eater. For no human vulture, or even ignorant dealer in the corpse-food business, fit in with a Deathless World of Perfection.

But, fortunately, the BIG CHANGE now happening, is educating the noblest to see and act, that they too may Live, and gain Heaven on Earth. Even Spiritualists, like Sir Arthur Conan Doyle, have stated that "guides on the other side" admonished him: "Not to eat meat." But he heeded not!!

"Mazdaznan in every Heart and Home," means through "Right Living," Christlike principles will be applied. All Nazarenes were Vegetarians, following the Ancient Mazdaznan Temple Order of Zarathushtra and Ainyahita. So was Moses, Plato, Aristotle, and even Epicureus. Later, such as Sir Isaac Newton; and to-day, Marconi; to mention but a few of the thousands; the greatest of whom is our illustrious Master. May Church and State speedily become so, that they too may not disappear; cut off by the unseen hand of Nature!

How Happy indeed are all Mazdaznan to have already adapted themselves to the New Spirit of the Age. But our consciences are only clear when we also show, tell and help

others to DO LIKEWISE. Just think, what a beautiful world it would be without Slaughter Jungles, and all Butchers turned into nobler vocations! St. Peter would not even have to ask: "Did you ever wear a fur coat, and do you NOW?" Anyhow, as Master says: "Mazdaznan do not wear furs!" which is another guage that few can to-day scale.

So we work for the "Glowing To-morrow;" yes, thankful we are "not like other men." INDEED! To War also we say: "Good-bye to all that!" "O, HAPPY DAY!"

As Bread is either "the Staff of Life, or Death," we are giving this month Master's famous recipe, from his World's First Prize Cook-book (actually won at the great Leipzig International Exposition). Then, Bread is best and surest when Home-made; and soon we may be forced to bake our own.

Unfermented Wholemeal Bread

Grind wheat grain medium coarse in a Mazdaznan or hand grain mill. Grind as much as you expect to use, as freshly-ground flour will rise more readily and retain its natural aroma and sweetness. Take a quart of lukewarm water, one tablespoonful of cooking or olive oil. Stir the flour into the liquid until it forms a light paste. Stir rapidly and thoroughly. Cover the dish with a cloth and set in a moderately cool place for from three to six hours, according to the season. The partly coarse wheat will swell and become aerated, consequently making the dough light. When ready for working the dough, add a little finer-ground flour and knead it with your hands for about half an hour, until it becomes gummy and rolls up like a ball, but it should not be stiff. Put into well-oiled tins which are covered or sealed. Fill tins not more than two-thirds, and place at once in a moderately-heated oven. Let the bread bake for three hours before moving it. It should bake for at least four hours. It is well to have a little tin filled with water at one corner of the oven, which will improve the baking of the bread by virtue of moistened heat (steam). If you want a soft crust, roll the bread in a wet cloth for one to two minutes as soon as it comes out of the oven, or brush it with a brush dipped in water, and then rub it with the beaten white of an egg. When cold, wrap the bread in waxed or oiled paper, seal, and put away in an earthenware crock, and set in a dry place, keeping crock covered with paper. This bread, thoroughly baked, will improve with age. It digests easily, and promotes action more readily than any other food.

News of Centres

"EMPIRE STRONGHOLD."—Big Events and much in prospect, keep all Busy and Stirred! The world seems to be a constant visitor, if not yet at our feet. For all eyes, as well as roads, focus on to London. Fortunately, the days are lengthening in their hours of light, literally and spiritually, even if otherwise being "shortened for the sake of the Saints." Anyhow, the Call goes forth; and "Golden Hall" Associates go near and far, campaigning, and otherwise sowing the seed. The "all for one and one for all" spirit truly always dominates every Thought and Action. While Mother Ashoi and Guromano have been away, the Platform has been truly "magnificently served" by Sisters Mary Gandine and Daphne Wheeler, Sisters Huntsman and Lock, and Mother Lavina. All other work, and music, splendidly performed by Sister Alice Walden, Mother Parkes, Sisters Alison, Mary Russell, Louise Ladbroke, and Sister Deakins, who also conducted our monthly "Salon" most beautifully. Of course, Bro. Harold always on hand. Our Dance Hostesses have made each a Success, and everybody Happy! Our New Year's "Fancy Dress Ball" was quite an unrivalled one, and the costumes charming, unique and spectacular. The judging was by general vote, or ballot. Sister Mary Gandine, as "Madam Pompadour," carried off Premier Honours for the ladies; and a wonderful silver mail suit, helmet, red velvet cloak, and red tights, with white red-crossed "Breast-plate—a perfect "Crusader's Garb"—was awarded First Prize for the men. It (the costume) certainly deserved it. Kindly thought and nimble fingers could not be denied. They say: "the Ballot was not stuffed;" but when the Crusader's mask was removed, he was found to be Guromano!! Now, we look forward to "Palm Sunday," and are all thinking out our new "Altar Wish;" and then—"Easter at Harrogate." Quite a large contingent will journey North from here and our Southern Centres, to join the "Noble Five Hundred" (perhaps "Five Thousand") there expected.

What a Glorious Time it will be! Anticipations are expressed elsewhere, but let Everyone "Come and See" for themselves—the "Gahanbar of Gahanbars." All we need to crown it immortally is to have Master present. He is invited. And you too. Yorkshire Organizers expect, and deserve, the tribute of your presence.

"Come and See,
And at Harrogate be,
This Easter time.

Bradford.—Sister Brook writes: "Enclosed please find cash value 11/-, which we in the Bradford Centre have pleasure in sending towards your 'Golden Hall Fund.' We also all join in sending our very best wishes, knowing all is well. Yours in Mazda."

Brighton.—Sister Fitzsimmons writes: "We had a most wonderful time with Col. Gault's visit; he did his utmost to move the people, and am sure this time it has gone home to a lot. Hoping we shall soon have the pleasure of another visit!"

Brighouse, Keighley and Otley.—Bro. Percy Keighley writes: "Joy to your dear Heart, the blessings of the Infinite shower upon you! Salaam! May the burning fire of love which we in Yorkshire hold for you just go to brighten and inspire you, to pass on to and illuminate the entire world. 'Oh, the Joy,' and with what thankful hearts, that we have again met in holy conclave; what a peace to our souls. So grateful we are for your loving and untiring encouragement, which just lifts us out of the common rut, and inspires us to Blaze the name of Mazdaznan more strongly than ever. What a glorious Party on Friday, at Brighouse, in honour of the Master; such a feeling of brightness and Divine Light and Love seemed to spread over that room; a day indeed ever to be remembered and treasured by all present, and the joy of knowing that our Blessed Master would catch the love vibrations sent forth, bringing Peace and Joy to his heart. Now, our little Banquet at Otley—a case of where a few are gathered together. It excelled all expectations. A beautifully-laid

table, decked with flowers, met the eye. Nineteen people had gathered, each bringing a candle and candlestick—'Sister Marguerite's idea'—so that we had nineteen candles burning; you can imagine how strange it seemed when we counted them. We took the Master's photo. along with the Ruby Lamp, which our dear Queen Mabel bought for my birthday, and placed them on a small table at the head of the bigger one. Two candles were placed at each side of the photograph, a chair was placed for him, and a cup of tea. After singing, and doing a few exercises, the electric lights were switched off, leaving the pleasing glow of nineteen candles burning clear and steady; nineteen faces shone round the table, and peace and glory filled the room, and after the meal everyone was inspired by the speeches of Sisters Mabel, Marguerite, Ethel, and Brother Josiah and Mother. All left that room feeling strengthened and full of hope for the future. Wednesday, December 20th.—Went to Keighley last night to again take part in Master's Birthday. Another beautiful spread, with about forty people present. Everyone spoke in turn, and many testified to the wonders of Mazdaznan, and tendered thanks to the Father of this Divine Message. Everybody spoke of the wonderful time passed. Millie and I send you and yours all Love and Blessings this Christmastide. Yours in Mazda."

Cleckheaton.—Sister Daisy writes: "Very many thanks for all your good wishes. We are gloriously happy, and extremely busy in our little corner in giving out our bewilderingly wonderful Message."

Edinburgh.—Sister Clelland writes: "We are still going forward in our meetings. We hope this New Year will be a happy and successful one, with more people becoming really interested. Daddy and Mother Tonks are doing some fine work up here. We enjoy the meetings immensely, and always wish there were two Tuesdays in every week. Daddy Tonks travels afield to give out the Message. Last year he was at Perth, Kirkcaldy, and

Dundee, and had some wonderful meetings, and got some more subscribers to our British Magazine, which makes us very happy. It is wonderful how here and there are to be found people who are interested. The work in some cases is very gradual, but nevertheless sure. Mr. Tonks is going to Kirkcaldy on Monday, so you see he has started the New Year well. With best wishes from all for a good New Year. Yours in Mazda."

Guiseley.—Sister Ethel Wood writes: "Greetings of Joy and Peace to you, dear Mother Ashoi, and all Associates. Salaam! It gives us great Joy to be able to send you the enclosed (P.O. £1) from a Whist Drive and Social Evening, held in our Home, on January 13th. Although not a very large sum, we know it will be useful, and oh, the joy it will bring, because of the Spirit back of it all. The True Spirit of that Divine Fellowship, we are sure, because of that wonderful feeling of Love and Happiness, throughout the whole evening. Everyone had a jolly time. Just 19 gathered together, including 4 of our noble Keighley family, also our dear Mother Theodora and Stephan. We had a wonderful time on Saturday, a Children's Party, so well and lovingly organized by our dear Sister May. Tea was served at 4.30 p.m., and then lots of games and competitions, presents, etc., for the children. The grown-up children just revelled in the game of Nursery Rhymes. Whilst a pianoforte solo was being played, little Baby 'Sunshine' just walked on to the platform, as if an artist, going to give a solo, stood in the centre, looked all round the room, then called out 'Elsie! Elsie!' but no answer from Elsie, so Sunshine just walked off, with such an air, and so undisturbed. Guiseley is still 'Forging Ahead,' lots of jolly and victorious occasions. The Exercise Class is a real stirring and inspiring occasion; each Tuesday night just a few gather together, and so strengthen the tie. Our dear Bro. Josiah and Sister Nellie always turn up; Mazdaznan could do with a few more like that noble family. Guess you are as busy as ever, Campaigning, etc. We are looking forward to Easter and the National Gahanbar at Harrogate, which we are sure will

be an enormous success. We feel we must add that we have accomplished much since coming into the knowledge of Mazdaznan. Apart from all the physical betterment, we have a much better, clearer and finer understanding of Life; why, there is no comparison and no end to the Blessings and Priceless Pearls. May we prove worthy of such a Message and Teaching. With Love and Blessings in abundance."

Halifax.—Mother Hilda writes: "We have only sold one dozen of the P.C.'s of the 'Golden Hall,' but will keep them a little longer. We think all our Associates ought to possess one, they are so beautiful, and it gives we who have not seen the Hall a little idea of what it is like. We should just like to tell you about this little incident. Last Tuesday we were invited to speak at a meeting at Stannary Congregational School, one of the largest places of worship in Halifax. We gave a real Mazdaznan talk, and after the meeting one or two asked questions, and we suggested we show them some of our exercises, and invited them to join in. Practically everybody responded, and didn't they enjoy them; they went away looking radiant. We feel sure the time has come when many religious bodies are looking for something new and better, a New Order of things, and they are looking to us, knowing that we shall not take from them, but add unto them, pointing the way to far greater Truths and Happiness. Do trust all is going well at the 'Golden Hall.' In Halifax all is well, and we are having our first Sunday Meeting this coming Sunday. We have managed at last to find a suitable room. You might send out from your Centre all good thoughts and showers of blessings for the success of our new venture. With all Good Wishes. Sincerely yours in Mazda."

Hove.—All Associates world-wide, will be rejoiced to know that another New Centre has been formed at this renowned Home-place, under the Leadership of Mother Arley Langley. The first meeting was successfully held on Tuesday, January 30th, at the "Lido Cinema," being well backed up by our Brighton Associates. May it be the

means of awakening many, and of Illuminating the South Shore with the Holy Light of Mazda; until every Town and Hamlet there, has its meeting-place.

Huddersfield.—Daddy Carson writes: "Salutations and Greetings. Salaam. Enclosed herewith please find cheque value £2 2/-, which kindly accept with the good wishes of all Huddersfield Associates, this being a small donation to the 'Golden Hall Fund.' With Kindest Remembrances and Showers of Blessing from all Huddersfield Associates. Devotedly in Mazda."

Keighley.—Mother Theodora writes: "Greetings of Peace, Joy and Success, Salaam!! We all sincerely hope that your Lancashire Campaigns have been a great triumph once again for the Greatest Cause. Herewith cheque value £1. 9s. 11d., being the Quota from the Reigning Centre for the quarter ending December 1933. However, an additional name has been added to our present list, and we have two further names for next quarter. Great progress has been made by those who have been faithfully endeavouring to follow out the teachings of Mazdaznan. We are also happy to report that numbers are gradually increasing, and many old-timers are returning to our Centre. One of the things that pleased us most last Autumn was that Sister Evelyn Laycock was invited to the Bingley Training College for Teachers, where she gave a stirring address to a goodly number of fine young students, who showed much interest and asked innumerable questions. Sister Evelyn invited seven of these students to return home with her for the evening, where they contacted several other Mazdaznan Associates, shared a real Demonstration Meal quickly prepared and augmented by the deft fingers of Sister Evelyn Eddison, and enjoyed an evening of Song, Exercises and Talks that they will probably never forget. Sister Ethel and Daddy join in loving regards. Devotedly in Mazda."

Kidderminster.—Sister Dorothy writes: "Greetings of Love, Joy and Peace. I told my class that you and Mother Ashoi were going to Nottingham this Spring, and that

you had suggested visiting Kidderminster. They were quite pleased with the idea, and we discussed the question of taking a hall for a public meeting. If you could let me know when you can come, then I would see what could be done. The public rooms here are all rather awful, but we would do our best to make the one engaged look a bit better. People are beginning to wake up at last. With love to all, in which Mother joins."

Campaign dates are : March 13th and 14th.

Leeds.—Daddy Kenneth writes : "Greetings of Joy and Happiness! Salaam! We were very pleased to receive your letter, and to know that everything with regard to the Campaign had unfolded successfully. We are experiencing quite an impetus in Leeds, as we get from 6 to 12 new faces at every meeting. We do hope some will stay permanently, but from previous experience we know most of these types to be unstable, going like water where there is least resistance. Everyone was most thrilled with the reception given them upon their recent visit to the 'Golden Hall.' We should dearly have liked to have been there also, but perhaps some future date will provide the occasion for us, and we have still the pleasure of seeing the 'Golden Hall' in store. On Saturday evening we had a splendid gathering, and all enjoyed the dancing most thoroughly. A more radiant and beautiful gathering it would have been difficult to find; and many of the 'strangers within the gates' were impressed. Our love and best wishes to yourself, Mother Ashoi and all Associates. Yours faithfully in Mazda."

Nottingham.—Bro. Percy writes : "All is well! I am most happy that you and Mother Ashoi are able to come here—it will be a tremendous 'help' and shall appreciate it no end. The Associates are greatly looking forward to seeing you; and you both are certain of a 'Royal Welcome.' With Love to you both. Yours in Service."

Southampton.—Mother Chainey writes: "Greetings of Joy, Peace, Success and Health to you for 1934. Salaam! We have not written for a long while, but we have not been idle. We have three classes a week, Mondays, 6.30 p.m., and Fridays, 3 p.m., Health and Breath, Wednesdays, 3 p.m., for other subjects. Not many yet attend, but we felt having more classes, there could be no excuse for not attending some. This year has been spade work. We have been fighting a wall of prejudice, but there are signs of weakening, and we see the 'Glowing Morrow.' We have our little victories; a lady said recently: 'I have been richly rewarded for the little trouble I have taken, much more than I deserve.' We had a serious illness in August and September; we refused to see a physician, as we knew the right thing to do would come to us. One day we stopped all treatments and waited; it was Sunday when the thought came to us what to do, but the leaves of healing were at hand; in 24 hours all dangerous symptoms had vanished; in three days we were as well as ever (no convalescence as in ordinary cases). Please find enclosed 5/- for my own contribution to the 'Golden Hall Fund' for September and December. Daisy and I watched with you at the eleventh hour on Sylvester Eve. Daisy sends her love; she wishes we were in London. She thinks it very dreadful that we have not got a larger Centre in Southampton, and so it is, but it will be better. With Blessings of Peace. Yours faithfully in Mazda."

Melbourne.—Sister Harrison Peacock writes: "What a wonderful work you are doing, and how bravely you both have stuck to it; London would not be the same without you, and I think in these uncertain days it wants a strong captain at the helm to keep the flag flying for a while yet. Our friend Wadia told me in his letter you were both looking splendid, and in full vigour of health, and remarked about the imposing figure when he, Daddy, stood up to speak in the 'Golden Hall.' He missed seeing Master after 16 years. I always live in hopes of hearing and seeing him in some portion of the globe. One can only trust the Australians will see through this Greatest of

Messages they will not put the work into themselves, but sit down and expect things to happen. Only those who have suffered much really understand, and although most have been sorely tried financially, they are trying to find any way out but the right one. Still, one must go on trying—there is always some response; no seed is wasted. Each month finds me watching for your message (through the official organ)—it breathes the spirit of progression and good fellowship in every page. Your opening poem tells me where you are—making rapid strides ahead towards the 'Sun-Clothed Day,' and we rejoice, praise and give thanks. Bro. Max Helmbold called on me when in Melbourne, and right glad was I to meet him. He is a big soul, and very enthusiastic. He didn't get to London. Mrs. Thompson of Ballarat did not write or call yet. Would like to meet her. May the Spirit of Love and Abundance be yours always. Devotedly in Mazda."

Toronto.—Mother Theresa and Daddy Ray write: "These little gifts (Emblem Cards) we send you with love, and may each one that buys these be generous, as the proceeds are for such a noble cause—'Freely ye have received, freely give.' We know if each one would only do their share, how much easier it would be for those who carry the burden. We wish you one and all Showers of Blessings, and may 1934 be a Blessed Year for all. We enjoy so much the British Magazine, and the American! What a privilege to have such Magazines with so much information. Over there you seem to be spreading the Message like wildfire, and such noble ones helping and assisting. Devotedly in Mazdaznan."

■ ■ ■

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LIST OF MAZDAZNAN CENTRES

Continued from page ii. of cover

SCOTLAND

Edinburgh—Meets Tuesdays, 8 p.m., at 13 Abercromby Place. Other meetings as announced.

Glasgow—Mrs. Helen Cochran, 329 Sauchiehall Street, C.2. Meetings as arranged, until further notice.

WORLD

In the United States, Canada, Australia, South Africa, New Zealand, India, France, Belgium, Holland, Germany, Switzerland, Austria, Czechoslovakia, Italy, Spain, Hungary, Rumania, Sweden, Denmark, Yugoslavia, Russia, Poland, Finland, Cuba, Mexico, South America, Sumatra, etc. etc., there are many Mazdaznan Centres.

HEADQUARTERS

Dr. Otoman Zar-Adusht Ha'nish, P.O. Box 1854, Los Angeles, California, U.S.A.

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most perplexing problems
of life